

ABSTRAK

Hiperlipidemia merupakan suatu kondisi patologis yang diakibatkan oleh kelainan metabolisme lipid darah yang ditandai dengan meningkatnya kadar kolesterol total, trigliserida, *Low density Lipoprotein* (LDL) serta penurunan kadar *High Density Lipoprotein* (HDL) di dalam serum. Pemeriksaan Profil Lipid merupakan pemeriksaan yang banyak dilakukan di laboratorium dan salah satu pemeriksaan penunjang untuk menegakkan diagnosa Hiperlipidemia.

Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional* yang bertujuan untuk membedakan Kadar LDL kolesterol Metode Direk dan Indirek Pada Pasien Hiperlipidemia dan Non Hiperlipidemia. Penelitian ini dilakukan bulan November 2020 – Juni 2021 di laboratorium Patologi Klinik RS Haji Surabaya. Sampel pada penelitian berjumlah 30 sampel.

Hasil penelitian menunjukkan bahwa rata-rata kadar LDL kolesterol Metode Direk pada pasien Hiperlipidemia dan Non Hiperlipidemia adalah 151,6 mg/dL. Pada kadar LDL kolesterol Metode Indirek Pada Pasien Hiperlipidemia dan Non Hiperlipidemia diperoleh nilai rata-rata sebesar 132,2 mg/dL dengan standar deviasi sebesar 41 mg/dL. Hasil uji beda Paired t-test didapatkan nilai $p = 0,000$ yang lebih kecil dari alpha (α) 0,05. Maka dapat disimpulkan bahwa Terdapat Perbedaan Antara kadar LDL Kolesterol Metode Direk dan Indirek Pada Pasien Hiperlipidemia dan Non Hiperlipidemia.

Kata Kunci: LDL Kolesterol, Direk, Indirek, Hiperlipidemia

ABSTRACT

Hyperlipidemia is a pathological condition caused by abnormalities in blood lipid metabolism which is characterized by increased levels of total cholesterol, triglycerides, Low Density Lipoprotein (LDL) and decreased levels of High Density Lipoprotein (HDL) in the serum. Lipid profile examination is an examination that is mostly done in the laboratory and one of the supporting examinations to establish the diagnosis of hyperlipidemia.

This research is an analytic observational study with a cross sectional approach which aims to distinguish LDL cholesterol levels by direct and indirect methods in hyperlipidemic and non-hyperlipidemic patients. This research was conducted in November 2020 - June 2021 at the Clinical Pathology Laboratory of Haji Hospital Surabaya. The sample in this study amounted to 30 samples.

The results showed that the average LDL cholesterol level of the Direct Method in Hyperlipidemic and Non-Hyperlipidemic patients was 151.6 mg/dL. In the LDL cholesterol level, the Indirect Method in Hyperlipidemic and Non Hyperlipidemic Patients obtained an average value of 132.2 mg/dL with a standard deviation of 41 mg/dL. The results of the Paired t-test difference test obtained p value = 0.000 which is smaller than alpha (α) 0.05. So it can be concluded that there is a difference between LDL Cholesterol levels by direct and indirect methods in hyperlipidemic and non-hyperlipidemic patients.

Keywords: *LDL Cholesterol, Direct, Indirect, Hyperlipidemia*